



Oxfordshire Talking Therapies

Feeling low?
Anxious? Stressed?

We can help you -
let's start talking.

01865 901 222

www.oxon-talking-therapies.nhs.uk



for anxiety and depression

Service provided by Oxford Health NHS Foundation Trust

Talking Therapies that really work

1 in 4 people in the UK will experience a mental health problem each year. We can offer a range of talking therapies that can help with stress, anxiety and depression. We also offer employment support to help you stay in work or return to work.

NHS Oxfordshire Talking Therapies is a free, confidential NHS service available to anyone over the age of 18, registered with a GP in Oxfordshire offering talking therapies to over 15,000 people each year.

We help people experiencing common conditions including stress, anxiety and depression. Our staff are also specially trained to help people living with long term physical health conditions, such as heart disease, diabetes, chronic obstructive pulmonary disease (COPD), persistent physical health symptoms like chronic fatigue, long-COVID, and irritable bowel syndrome (IBS). This may be important to you, as people living with a long-term physical health condition are more likely to experience stress, anxiety and depression.

More information about talking therapies, wellbeing activities and employment support can be found on our website:



www.oxon-talking-therapies.nhs.uk

No need to ask your GP - Refer yourself

To book an appointment, you can do this online or by telephone. We also accept referrals from your GP and other healthcare professionals.



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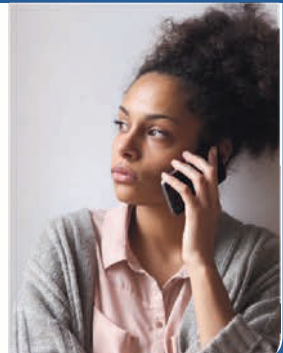
NHS Oxfordshire Talking Therapies is easy to access

We will need some basic contact information, including your name, address, date of birth, NHS number and contact number

If you self-refer via online we will usually contact you within two working days to arrange a telephone appointment.

What to expect from your first telephone appointment

We will ask you about your current situation and how it is affecting you. We will explain the different types of therapy and wellbeing activities we offer. Together we will decide how the service can best help you.



If you would like to have information translated into a different language, please contact the Equality and Diversity Team at: EqualityandInclusion@oxfordhealth.nhs.uk

Arabic يُرجى الاتصال بنا إذا كنتم ترغبون في الحصول على المعلومات بلغة أخرى أو بتتسيق مختلف.

আপনি এই তথ্য অন্য ভাষায় বা আলাদা আকারে **Bengali** পেতে চাইলে অনুগ্রহ করে আমাদের সাথে যোগাযোগ করুন।
Urdu اگر آپ یہ معلومات دیگر زبان یا مختلف فارمیٹ میں چاہتے ہیں تو برائے مہربانی ہم سے رابطہ کریں۔

Chinese 若要以其他語言或格式提供這些資訊，請與我們聯繫

Polish Aby uzyskać informacje w innym języku lub w innym formacie, skontaktuj się z nami.

Portuguese Queira contactar-nos se pretender as informações noutra idioma ou num formato diferente.

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